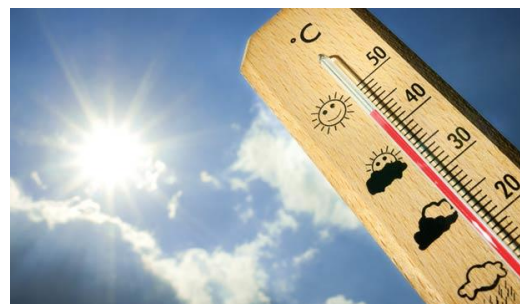




## PUBLIC NOTICE

### JUNE 17, 2024

## EXTREME HEATWAVE



The municipalities of the Township and Village of Hemmingford would like to advise you that an extreme heatwave warning is currently in effect and that there is a forecast of at least three consecutive days of high temperature.

**The follow locations will be open and available to you should you need to cool down:**

**Hemmingford Recreation Centre, 550 ave Goyette**

- **SPLASH PAD – 8 am to 9 pm**
- **Airconditioned interior of the gym – 8 am to 8 pm**

**Municipal offices, 505 rue Frontière**

- **Offices are airconditioned, and will be open June 18<sup>th</sup> to 20<sup>th</sup> from 8 am to 4pm**

Fight the heat by following these few golden rules:

- Drink regularly, without waiting until you are thirsty;
- Minimize physical exertion;
- Spend a few hours in a cool or air-conditioned area daily;
- Take a cool shower or bath as often as necessary, or cool down with a damp towel;
- Keep in touch with family and friends, or make sure that a relative or friend checks in regularly and verifies the temperature of the house during a heatwave;
- If you feel unwell, do not hesitate to contact *Info Santé* by dialling 811;

Exposure to excessive heat can cause serious health problems. In an emergency, do not hesitate to call 911.

For more information on the health effects of heat, and to get advice from professionals in the field, visit *the Centre intégré de santé et de services sociaux de la Montérégie* website ([www.santemonteregie.qc.ca](http://www.santemonteregie.qc.ca)).